

# Chenango Forks Central Schools Newsletter



Middle School

October 2006 Vol. VII, No. 2

## Up to par

The team of **Bob Jones**, from the law firm of Coughlin and Gerhart; **Jerry Jones** from Louis N. Piccano; **Gail Wrighter**, Chenango Forks Board of Education member, and **Bob Bundy** participated in Coughlin and Gerhart's "Dollars for Scholars" golf tournament." The team earned \$840 for CF scholars.

This is the 6th annual tournament the firm has sponsored. Last year area schools received approximately \$12,000 in funds for area scholars.

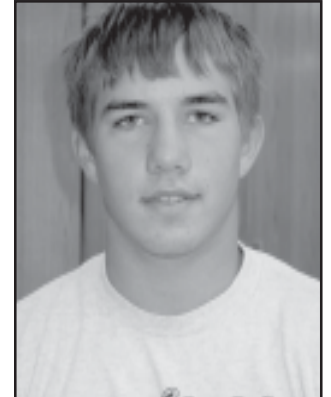
-**Bob Bundy**, Superintendent



**Carl Kieper (right)** from Coughlin and Gerhart presents **John Mondorf**, CF Dollars for Scholars representative, with the check.

## Champion wrestler

Congratulations to **Tom Voorhis** (CF '08) for placing fourth at the USA Cadet Wrestling National Championships in Fargo, North Dakota. Over 3,550 wrestlers from 47 states competed at the nationals this year, making it the world's largest wrestling competition.



**Tom Voorhis**

Tom wrestled in the 171 pound Greco-Roman events. He is trained by CF wrestling coach and guidance counselor **Rick Gumble**, and assistant coach **Jason Goldman**.

-**Rick Gumble**, H.S. Guidance Counselor

## Celebrating the BOE

Governor George Pataki has designated October 23-27, 2006 as School Board Recognition Week to commend school board members for their dedicated service to the children of New York State. This is the fifteenth year the event has been celebrated.

At CF, we thank our school board members for their outstanding service to our district and for their focus on and commitment to our students' well-being and advancement.

Front, L-R: **Don Faith**; **Jack Sines**; **Gail Wrighter** (vice-president); **Donald Vredenburgh**

Back, L-R: **Don Edwards** (president); **Kathy Blackman** (school business executive); **Dawn Phoenix** (district clerk); **Carol Denz** (assistant superintendent); **Bob Bundy** (superintendent)



*A community where learners excel!*

## Building project vote

The Chenango Forks School District will be proposing a building project to the taxpayers.

**Q. Why is this needed?**

A. The State Education Department has enacted new legislation requiring school districts to perform a building condition survey every five (5) years. The Chenango Forks Board of Education enlisted the services of Bearsch Compeau Knudson, architects, to conduct a survey. Upon completion of the surveys, the Board established an Advisory Committee whose charge was to make recommendations for renovation work. The Chenango Forks Facilities Advisory Board consisting of Kathy Blackman, School Business Executive; Robert Bundy, Superintendent; Don Edwards, Board Member; Don Faith, Board Member; Jim Munley, Director of Facilities; Steve Parmeter, Community Member; Rick Perkins, Community Member (former Athletic Director); Fran Pierson, Director of Food Service; Rob Podrazil, Community Member; Christine Rittenburg, Community Member; Rick Spencer, Community Member; Melissa Stephens, Community Member; and Steve Thesier, Bearsch Compeau Knudson provided their recommendations to the Board of Education in August. At the September meeting of the Board of Education, the Board accepted the committee's recommendations.

**Q. What is a Building Conditions Survey?**

A. The State Education Department sets the parameters of the survey and evaluates the following systems in a structure: *Site Utilities, Substructure, Building Envelope, Interior Spaces, Electrical Plumbing, HVAC (Heating, Ventilation and Air Conditioning) Systems, Fire Safety Systems, Accessibility, Environmental Comfort/Health & Indoor Air Quality.* Within these categories there are 493 subcategories. The items listed in the subcategories are assigned a probable life and a remaining useful life. When an object is near the end of its useful life, it is reviewed and considered for replacement. This process was utilized by the committee to determine the condition of the High School, Middle School, Elementary Schools, Bus Garage and the grounds.

**An example follows in which the Communications System in the Middle School was reviewed.**

Item	System or Component Description	System Type		Quantity/Unit	Unit Cost	Last Major Reconstruction/Replacement (year)	Probable Useful Life	Remaining Useful Life	Building System Ratings					2005 SED Cost Magnitude	5-Year Plan Cost Magnitude	District Priority Ranking	Recommendations
		H	S						E	S	U	NF	CF				
<b>COMMUNICATIONS SYSTEMS</b>																	
Telephone System, PBX or Centrex	PBX			sf	\$1	1996	20	11	X					\$0	\$0		
Intercom System	Yes					1996	20	11	X					\$0	\$0		
PS System	Yes			sf	\$0.75	1996	20	11	X					\$0	\$0		
Auditorium Sound System	N/A			ea	\$75,000		20							\$0	\$0		
Gymnasium Sound System				ea	\$25,000	1996	20	11	X					\$0	\$0		
Cafeteria Sound System	Yes			ea	\$25,000	1996	20	11	X					\$0	\$0		
Clock/Bell System	Yes			sf	\$0.30	1996	20	11	X					\$0	\$0		
Other	Need to move to voice over																
	I/P Internet Protocol			1 ls	\$25,000				X					\$0	\$31,000		Provide voice over IP system. Cost is for exchange access service only.

In total there were approximately 2000 items evaluated.

## Building project vote (continued)

*Q. Who decides what will be in the project?*

A. The BOE is responsible for deciding what will be in the project. The project then goes to the taxpayers for a vote. The committee toured the entire facility and viewed items first hand to help them formulate their recommendations to the BOE. Each of the committee members were then asked to rank each item utilizing this scale: (1) must be done to maintain the facility; (2) there is a benefit in completing this work but it is not essential; or (3) do not include. From these ratings an average was established and items were discussed for inclusion in the project. Generally, items with a rating of 2.000 or over were not included. Items with a rating of less than 2.000 were included.

Upgrade Fire Alarm System in Middle School was considered and received the following ratings: 1, 1, 1, 1, 1, 1, 1, 1, 1 with a priority average of 1.00. Committee recommendation – Include in the project.

Athletic Field Lights were considered and received the following ratings: 2, 3, 3, 3, 2, 2, 2, 3, 1 with a priority average of 2.33. Committee recommendation – Do not include in the project.

*Q. What is the scope of the project?*

A. Space in the newsletter does not allow for a complete listing at this time. Watch for future editions of the newsletter, special publications, and information on the website for further details. A partial list follows:

High School: Floor tile replacement in selected rooms, lighting improvements, emergency generator replacement, soccer field reconstruction, and football field reconstruction.

Middle School: Exterior door replacement, additional security cameras and digital recorder, upgrade fire alarm system, and replace classroom unit ventilators.

Elementary: Cafeteria exterior window replacement, addition of emergency power circuits, replace hot water heater, replace mixing valve, remove pressure treated lumber from playground, unit ventilators, upgrade playground equipment, and new roof (portions of Harshaw).

Bus Garage: Bus lift replacement, add fire alarm system, reconstruct and seal exterior masonry, and replace radio and antenna.

*Q. What items were considered and will not be part of the project?*

A. The following items were considered and will not be included in the project: Away Bleacher Replacement and expansion, athletic field lights, automatic irrigation system, district voice over Internet Protocol (I/P), high school auditorium air conditioning, high school gym addition, reconstruction of outdoor basketball courts, air conditioning for Middle School and CKI classrooms.

*Q. How can we learn more about the project?*

A. Additional information will appear in the newsletter, special publications, the district website, special meetings or by calling the Business Office at 648-7564.

*Q. What is the cost of the project?*

A. \$10,927,000.00. The State will pick up 90.2% of the cost. The project will be bonded over 20 years. The projected cost per year for the average full value home of \$108,168.00 will be \$34.91.

*Q. When will the vote occur?*

A. It is anticipated that the vote will occur at the end of January or early February, 2007.

*Q. What if I'm out of town on the day of the vote?*

A. Absentee ballots can be obtained by contacting Dawn Phoenix, Board Clerk, in the Business Office at 648-7564.

**-Bob Bundy, Superintendent & Kathy Blackman, School Business Executive**

## CF Scholarship Foundation



The Chenango Forks Scholarship Foundation is looking for adult volunteers to serve on the Foundation Board. The Chenango Forks Scholarship Foundation is affiliated with the National Dollars for Scholars program and is dedicated to raising scholarship funds to be distributed to graduating CF High School seniors.

The Foundation conducts three principal fundraisers: the annual Homecoming Pancake Breakfast held on Homecoming Saturday (generally in October of each year); the Phone-A-Thon (generally held in early February of each year); and the Student Car Wash (generally held in May of each year). Adults assist in the fundraising activities and provide coordination and governance for the organization.

Additionally, the adults participate in the scholarship selection procedure to determine distribution of scholarships. Although the Chenango Forks Scholarship Foundation is not limited to parents who have students, we do encourage the parents of students to participate in the organization.

The Foundation routinely meets in the **Guidance Office of the High School at 7:15 a.m. on the second Wednesday of each month from September through June.**

Interested parties should contact Robert Wedlake at 648-3205 or via e-mail at [rwedlake@hbk.com](mailto:rwedlake@hbk.com).

-Robert Wedlake, Scholarship Foundation

## CF receives phys. ed. grant



In the Spring of 2006, the district participated in the BOCES regional grant application for the 2006 Carol M. White Physical Education Program Award provided through the U.S. Department of Education. This is a two-year project with the first year funding set at \$334,593. Out of the 1,171 applications nationwide, our regional application garnered one of the only 54 awards given out. Information on this award is available at <http://www.ed.gov/programs/whitephysed/awards.html>.

The Carol M. White Physical Education Program provides grants to initiate, expand, and improve physical education programs for K-12 students in order to help them make progress toward meeting state standards for physical education. Funds may be used to provide equipment and support to enable students to participate actively in physical education activities. Funds also may support staff and teacher training and education.

CF representatives will work with BOCES and participating schools to determine how best to utilize the funds to benefit our students and enhance our physical education program.

-Carol Denz, Assistant Superintendent

## S.A.V.E. our children

Each year school districts are required to provide two hours of training to employees to meet the requirements of the federal Safe Schools Against Violence in Education (S.A.V.E.) legislation. This year the district provided the staff with "Methamphetamine Awareness Training" to help them recognize the effects this very powerful drug may have on children.

A summary of the training is provided below. For more information concerning methamphetamine, please visit the Chenango Forks website at [cforks.org](http://cforks.org).

- Increasing numbers of children across the U.S. are exposed to home methamphetamine labs containing serious toxicities and dangers that have not yet been well-studied.
- Adult studies indicate life-threatening toxicities from both methamphetamine and lab chemicals.
- Methamphetamine is a highly addictive drug.
- Methamphetamine has effects on the developing fetus that continue into infancy and childhood.
- The environment where methamphetamine is used or manufactured is unsafe for children.
- The medical effects of methamphetamine on children will continue to be discovered.
- Child neglect in substance abusing families can cause serious medical, nutritional, developmental, and behavioral problems with long-term sequelae.
- Caregiver substance abuse increases rates of childhood injury and death.

### What Can You Do?

If you suspect someone of using/manufacturing methamphetamine, call the following:

New York State Police  
1-866-SAFE-NYS (1-866-723-3697)  
or your local State Police barracks

### Questions or Comments?

Contact the following:  
Jill Alford-Hammitt  
Substance Abuse Prevention Specialist  
(607) 584-4580 or [JAlford-Hammitt@Lourdes.com](mailto:JAlford-Hammitt@Lourdes.com)

-Bob Bundy, Superintendent



## Did You Know That:

Students who are more involved in school activities are less likely to engage in early substance use, whereas those who are uncommitted to school are more likely to initiate problem behavior.

### Concerned?

If you have a school-aged child or are interested in finding out how YOU can help prevent youth substance abuse, please contact the KYDS Coalition at 607-778-1146.

# Chenango Forks Central Schools Comprehensive District Education Plan (CDEP)

The members of the CDEP team met in August with Sean Brady, Prism Decision Systems facilitator, to review obtainment of the benchmarks from the 2005-2006 Strategic Plan. The team also reported information in the following specific areas researched: proficiency of students with learning disabilities in grades 3-8; percent of students in grades 10-12 enrolled in Advanced Placement (AP) or college credit bearing courses; completion rates and identification of areas to target for interventions; curriculum mapping update; and an update on facilities planning.

The information from these reports was then taken into consideration in formulating the 2006-2009 Strategic Plan which is included below. During opening day in September, the plan was shared with faculty members. The Site Councils in each of the four buildings will review the plan and design individual building academic improvement plans on how to meet the district priorities. We'll have these plans summarized for the November district newsletter. All of the CDEP information is also available on the district website at [www.cforks.org](http://www.cforks.org).

-Carol Denz, Assistant Superintendent

### CDEP Team Membership

- Bob Bundy: Superintendent of Schools
- Carol Butkiewicz: Parent Rep.
- Karyn Church: Middle School Rep., Grade 6 Teacher
- Carol Denz: Assistant Superintendent
- Kathleen Keir: Harshaw Principal
- Anne Marie Martino: Harshaw Rep., 1st Grade AIS
- Maggie Nugent: Kenyon Rep., School Psychologist
- Diane Sheehan: High School Rep., Art Teacher
- Barb Slocum: CFTA Rep., Speech Teacher
- Diane Wheeler-Busch: High School Principal

### District Priorities

- Build a community that believes all students will succeed.
- Identify the academic and nonacademic needs of grades PreK to 12 students (with emphasis on students with disabilities [SWD] and potential dropouts) to target interventions that improve their performance.
- Use curriculum mapping to align content and skills to State syllabi, curriculum, and assessments in grades PreK to 12.

### 2006 – 2009 District Strategies

- Continue to develop and implement frequent assessments to benchmark student academic progress.
- Implement grades PreK to 12 professional development initiatives that align with this strategic plan's priorities and meet teachers' needs.
- Continue to use data to inform instruction.
- Provide regular achievement information to parents to enable collaboration between parents and the school.
- Continue to develop and refine effective collaboration models in order to maximize student achievement.

### 2006 – 2009 Strategic Plan

Grade 2 students scoring $\geq 28$ on DRA (%) .....	85
Grades 3 - 8 ELA & math: perf. index score .....	185
Grades 3 - 8 ELA & math at mastery (%) .....	30
Regents "gate" exams: (%) taking January, June, and August exams passing ( $\geq 65$ ) .....	95
Regents "gate" exams: (%) taking January, June, and August exams at mastery ( $\geq 85$ ) .....	60
SWD receiving Regents diplomas (%) .....	65
SWD $\geq$ Level 3 on State assessments (%) .....	65
Subgroups meeting NCLB AYP targets (%) .....	100
Grades 10 - 12 students enrolled in one or more AP or college credit bearing courses (%) .....	50
AP: average score .....	3.5
Average daily attendance (%) .....	96
4-year cohort dropout rate (%) .....	0
Suspension (%) .....	2
(%) of senior class graduating with local, Regents, GED, or IEP diploma .....	100
Graduates attending college (%) .....	95



## District Health Advisory Council

The District Health Advisory Council (formerly known as the Safe and Drug Free Schools Advisory Council) will continue the work of providing for the safe environment of our schools while taking on the task of implementing the District Wellness Policy adopted by the Board of Education in March of 2006.

The Wellness Policy will have many benefits for the entire school community. It will help young people and families understand how they can have control over many conditions that affect their health. There are also many benefits for schools and teachers, including improved student achievement, lower absenteeism, reduced drop-out rates, and lower incidences of smoking and alcohol use. A healthier school climate will result in maximizing use of instructional and administrative time and staff role models to reinforce positive health messages through daily interactions with students.

The council meets on the **second Thursday of each month in the Middle School Library from 3:00-4:00 p.m.** Please note the one exception: *the April meeting will be on the 19th due to spring break.* The meetings are open to the public. If you would like to serve on the District Health Advisory Council, please contact Carol Denz, Assistant Superintendent, at 648-7540.

-Carol Denz, Assistant Superintendent

## Dental health & school success

As a youngster and as an adult I've had my fair share of problems with my teeth. If you have ever encountered a person who is irritable, miserable, and just not interested, the person may very well have a toothache!

The solution to the toothache: treatment by a dental professional. The alternate solution to the toothache: treatment by a dental professional.

In today's world of high cost medical care, many times children's teeth go untreated, which can result in poor performance in school. The Chenango Forks Central School District teams with the Broome County School and Community Oral Health Program to provide oral screenings and dental sealants for our students.

This past year the service was made available to our 2nd graders. One hundred and thirteen students participated in an oral health presentation. Fifty-four students and their families decided to participate in

## Odyssey of the Mind

We are hoping for another great year in Odyssey of the Mind. Last year, we had three teams (second grade, third grade and 6th grade) participate in the competition; we hope to add more this year.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college. Students apply their creativity to solve problems ranging from building mechanical devices to presenting their own interpretation of literary classics. They then bring their solutions to competition on the local, state, and world levels.

Odyssey of the Mind is a competitive program, but it's nothing like your typical sporting event. The competitive element encourages students to be the best they can be, but it's a friendly competition. Students learn from and even cheer on their competitors. It is not a college bowl or a competition about knowledge. It's all about creativity - an often overlooked element in the growth and development of many students. Students are rewarded more for how they apply their knowledge, skills and talents than for coming up with the right answer. In fact, in Odyssey of the Mind problems, there isn't one right answer. Ever.

### *How do students benefit from participation?*

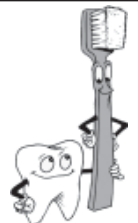
In Odyssey of the Mind, students learn at a young age skills that will last a lifetime. They work in teams to learn cooperation and respect for the ideas of others. They evaluate ideas and make decisions on their own, gaining greater self-confidence and increased self-esteem. They work within a budget, so they learn to manage their money. They see there's often more than one way to solve a problem, and that sometimes the process is more important than the end result.

If you would like to form a team, or want to learn more about Odyssey of the Mind, or would love to coach a team, please come to our information night on **October 17th from 7 to 8 p.m. in the Harshaw auditorium.** If you cannot make it that night but have questions, please contact Caroline Waddell at 648-7580 or [waddellc@cforks.org](mailto:waddellc@cforks.org).

-Caroline Waddell, Kindergarten Teacher/Odyssey of the Mind Coordinator

the oral screening. Forty-one percent of the participants were found to have untreated dental concerns. Ninety-nine teeth were sealed, a process which will prevent dental decay as long as the sealant remains in tact.

When the Broome County Dental Sealant Team returns to the district, I would encourage you to take the time to learn about the services they have to offer. If your child has not been seen by a dental health provider, please consider contacting the Broome County School and Community Oral Health Program at 778-2812 or Eric Sutton, Chenango Forks Elementary Guidance Counselor, at 648-7525 for assistance.



Bob Bundy, Superintendent



**Harshaw October Dates**

10/10, 7 pm	PTA Meeting
10/11	School Photographs
10/13, 1 pm, HS	Courage to Stand Assembly
10/15-21	School Bus Safety Week
10/17, 2:45	Harshaw Site Council Mtg.
10/31	Happy Halloween

*Confidence*

**Courage to stand**



On October 13th Harshaw students will travel to the High School auditorium to attend a powerful and inspiring presentation called, "Courage to Stand."

The presentation uses inspiring student stories and fun music and soundtracks to take our students on a "treasure hunt," looking for the "courage to stand": for others, for what is right, and against fear. The central message - "Courage isn't found in another place or person; it is found within ourselves" - is reinforced throughout the presentation.

Many thanks to our PTA for providing this opportunity for our Harshaw students and staff!

*Caring*

**Character carousel at Morning Program**



Morning Program theme this year is THE CHARACTER CAROUSEL; we will strengthen our Harshaw values by discussing and learning about important character traits that help us be better students and people.

In September we discussed the importance of being as "Cheerful as a Puppy." In October we will have fun being as "Knowledgeable as an Owl."

Morning Program is held every day 2, 4, and 6 from 9:00 to 9:30 a.m. in our auditorium. Please come and join us!

Articles submitted by Kathleen Keir, Harshaw Principal

*Knowledge*

**Site Council welcomes new members**

The John Harshaw Site Council had its first meeting of the year on September 19th at 2:45 p.m. in the Harshaw office conference room. The 2006- 2007 Harshaw Team members are Mary Collins, Sheila Dalke, Lisa Diamond, Kathleen Keir, Patricia Lawton, Yvonne Lindow, Anne Marie Martino, Michelle Norton, Ann Saroka, and Chris Sterling.

The team will meet monthly during the year to support student achievement under the direction of CF's Comprehensive District Education Plan team. To begin this process, the Harshaw Site Council members participated in a day-long planning session with the Harshaw CDEP team on September 20th. Our goal is to work together to support our students. If you are interested in more information about our Harshaw Site Council, please contact Ms. Keir at 648-7580.

**Read to your child**

Reading to your child is the number one suggestion reading experts offer to adults. Any time is the perfect time for you to read to your children. Here are some tips to help you get the most out of your read aloud time together:

1. Get comfortable.
2. Remove distractions.
3. Encourage participation.
4. Try to select books that will be fun and enjoyable FOR BOTH OF YOU.



**Have you read these?**

*I Know a Rhino* by Charles Fuge; *Don't Let the Pigeon Drive the Bus* by Mo Willems; *Miss Nelson is Missing* by Harry G. Allard

*Understanding*

**ABCs of school bus safety**

- A = Always listen to your bus driver.
- B = Backpack: Pack it the night before to be ready in the morning.
- C = Clock: Try to be ready at least 5 minutes before the scheduled time for the bus to arrive.



*Curiosity*

**Playing with sounds**



Many things help our earliest readers be prepared to learn how to read. One of these things is for our children to be able to recognize the sounds the letters make. Here are some ideas you may want to try to help your child with this identification:

- Put three different objects on the table and help your child say and hear the sound with which each item's name starts.
- Substitute beginning sounds in words (cap, tap, nap zap)
- Ask your child to say a word without the first sound. Example: "bat: without the "b" becomes "at."

## October: Fire Prevention

October 8-14 is Fire Prevention Week. The Chenango Bridge Fire Department will visit Harshaw and Kenyon to make presentations to our students the following week. Assemblies will be held for Kenyon students on Tuesday, October 17th and for Harshaw students on October 18th, both in the CFE auditorium.



We encourage parents to follow up during that week with discussions of fire safety and prevention at home. Students will bring home handouts from the fire department (see Fire Safety Tips below).

Here's a little safety quiz to take with your child:

*Where are the smoke alarms in our house?*

- On the TV
- On the stove
- On the ceiling

*When you hear the smoke alarm you should*

- Follow your home escape plan and get out fast
- Hide in your room
- Gather all your toys and then follow the escape plan

*A smoke alarm makes a very loud*

- Ringing
- Barking
- Beeping

### Fire Safety Tips

**This Year's Theme: Stove Fires**

- Conduct a family fire drill monthly. Have these drills at different times of the night and day. A study showed that most people do not awake in the middle of the night when the smoke detector sounds.
- Have a designated meeting spot that all family members and guests know.
- Routinely inspect your house for safety and fire hazards. Have a friend or neighbor come in and look for things that you may be overlooking.
- Change your batteries in smoke detectors - an easy way to remember this is to do this when you change the clocks in spring and fall. Most detectors use 9 volt batteries; keep these in stock to avoid borrowing from the detector for other devices.
- Install a carbon monoxide detector in your home. Ideally there should be one near your heating source and one near the bedrooms.
- Check with you local fire department for open houses and other fire prevention activities they are hosting.

For more information and activities, visit [www.nfpa.org](http://www.nfpa.org)

-Kathleen Keir, Harshaw Principal & Bernie McDermott, Kenyon Principal

### Kenyon October Dates

Thur., 10/5	Kenyon Open House and AIS meetings*
Tues., 10/17, 3 pm	Kenyon Site Council
Tues., 10/31, 2 pm	Halloween Parties

\*Kenyon Open House: Parent AIS meetings at 6:20 p.m. Open house for third grade parents at 6:45 p.m. in the auditorium. Grades fourth and fifth start in the classrooms at 7:00 p.m. Band & chorus meeting for 5th graders at 8 p.m.



## Middle Schoolers: What are they thinking?

Can middle school children think? Some often say that middle level children don't think. They say that children of that age simply function according to bio-chemical impulses. Their control (or lack of control) is in response to hormones interacting with the circulatory and nervous systems. However, you might want to think about that theory.

CF English teacher **Marcus Zappia** asked his students to write out their thoughts as part of a writing assessment. It is true that middle school children are impulsive, sometimes confused, and often unfamiliar with acceptable social and behavioral manners. However, you might be surprised at the reflective thoughts they can process.

Mr. Zappia asked, "What do you think you have learned in your three years here that will help you in the future?" The most mentioned responses were that they had become more responsible, gained better study habits, or learned better how to treat people.

They were asked, "What criticism do you have for the school, or what changes would you make?" Almost all of the students said they would change nothing. The ones who had suggestions suggested changes in the lunches.

When asked what they would have done differently in school, the majority said they would have tried harder, done more work, and gotten better grades.

When asked what they would miss about the middle school, the most mentioned responses were very interesting; they said they would miss their teachers. Many students praised the school's teachers for their demeanor, their competence, and even their tough love. Many appreciated the environment the faculty creates, where students can have fun without chaos. Many of the students expressed their gratitude for the teachers giving them the push they needed to be successful.

Yes, middle school children can think. And they often think just like us.

-William Burke, Middle School Principal

**Open House, Grades 7 & 8**  
**Wednesday, October 4th, 7 p.m.**  
**AIS Mtg., 6:30 p.m., MS Chorus Room**



## Alumni Corner ~

I am delighted to present **Fred Joslyn** as the featured alumni for the October edition of our newsletter.

Following graduation from CF in 2002, Fred attended BCC for a year prior to transferring to SUNY Cortland. His area of expertise lies in the art and science of running Cross Country and in Track and Field events. As a student at CF, he was an All-American in Cross Country, Indoor Track, and Outdoor Track and Field his senior year. He continued to develop his skills, becoming proficient enough in the past four years to earn numerous awards.

At SUNY Cortland, Fred further showcased his talents at the NCAA Division III Outdoor Track and Field Championships by placing fifth in the 10,000 meter run and fourth in the 5,000 meter run. Additional awards include setting SUNY Cortland's school records in the 5,000 and 10,000 meter runs, and beating the SUNY Athletic Conference's 10,000 meter record (30:09) by running 30:06 at the Penn Relay's Invitational. As a result of his continual hard work, self-discipline and diligence, Fred was named SUNY Cortland's "Track Athlete of the Year."

This fall, Fred will start as an assistant on the SUNY Cortland Cross Country staff, in addition to student teaching in the Dryden and Groton school districts. He is anticipating working on his Masters in Physical Education and is currently training for the Chicago marathon in October. Most recently, Fred ran the 20 K in the USA Road Racing Championships in New Haven, Connecticut. His hobbies include cycling and snowboarding to cross train and playing chess.

We wish Fred continued success in his endeavors and best wishes as he challenges himself in running the October marathon.

In an effort to honor the accomplishments of our graduates, I welcome names of alumni to feature each month.



**This photo of Fred certainly captures the essence of his passion.**

## Freshman year ~ gateway to the future

When you receive this edition of the newsletter, our ninth graders will have completed nearly a month of their first year in high school. I would like to take a few moments to convey the importance of freshman year as a key element in the four-year sequence of high school. It is in this year that students' class ranking starts. Successful completion of classes will open opportunities to take electives and/or accelerated courses to enhance their knowledge and experiences.

Core courses in English, Math, Science, and Social Studies have state exams attached to them. To clarify, in ninth grade students will take the Earth Science Regents exam (or if accelerated, the Biology Regents) in June. It is imperative that all labs are completed in order to be eligible to take the exam. Science teachers hold remedials for this purpose and are more than willing to work with students to assist them with their lab certification.

Habits developed in the freshman year often serve to define a pattern of achievement through a student's secondary education experience. We have noted through the years that "a little effort goes long way" in making a fundamental difference between passing and failing courses. One aspect of helping a student along the achievement spectrum is encouraging personal responsibility. This is evidenced in the ability to manage time, complete assignments and projects, study for tests, and discipline oneself to see the benefits of working hard to achieve a future goal. We need parents to help in this endeavor by asking their child about homework or other assignments, which should be given three to four nights per week. These will include readings, studying for quizzes, homework, research, etc. Developing study skills and self-motivation are vital tools for learning course material. Take a few minutes to look at your child's Agenda Booklet and perhaps assist him/her in organizing assignments and checking to see if they are completed. Please note: With our new student management system, you will receive five-week reports in all subject areas at the end of the fifth week to keep you informed on a regular basis.

In an effort to further assist our freshmen to develop positive connections with the high school and skills for on-going progress, we will structure additional help sessions for all ninth grade students who fail one or more core courses the first five-weeks. These students will be required to attend a mandatory study hall or remedial class in the subject area where they are experiencing difficulty. This will occur for a period of time until they are passing the course.

Our stance at CFHS is that "we are here to help." If you have any questions or concerns, please do not hesitate to call or e-mail your child's teacher. To e-mail: Use the last name and first initial of the individual, then @cforks.org. It is hoped that our freshmen have a rewarding and memorable first year of high school.

**Articles submitted by Diane Wheeler-Busch, HS Principal**

## Summer reading initiative

Initial responses to our summer reading program have indicated that many students took advantage of the opportunity to increase their reading skills by reading for pleasure over the summer. To clarify our point system, students will receive one point on their academic subjects for every two books read, and two points for every four books read. We'll continue to keep you informed of our results and Literacy Initiative progress.



-Diane Wheeler-Busch, HS Principal

**High School Open House**  
**Wednesday, October 11th, 6:30 p.m.**

## Halloween supervision & curfew

It has come to our attention that a number of MS/HS age students congregate in the neighborhoods near the school complex on Halloween night. Residents are concerned about vandalism and intimidation of younger children. We ask that you be aware of where your children are on Halloween night to prevent any potential problems.

The Town of Chenango has a curfew law in affect from **8 p.m. to 6 a.m. for Halloween night, as well as the night before and the night after.** Anyone **under 18 unless accompanied by a parent or guardian** must abide by the curfew. Exceptions are as follows: 1)Authorized school event; 2)Work; 3)Routine activity authorized by a parent or guardian. Thank you for your cooperation.

## Early dismissal drill

The CF School District will conduct a mandatory Early Dismissal Drill on **Friday, October 6, 2006.** Students in all buildings will be dismissed 10 minutes early.



## Important Dates from High School Guidance

**October 18, 2006:** All juniors have the opportunity to take the Preliminary Scholastic Aptitude Test (PSAT). The test will be given in the **High School Auditorium from 8:00 a.m. to 11:00 a.m.** Students may register for the test in the Guidance Office up to **Friday, October 6th.** The cost of the test is \$11. This test measures skills in verbal reasoning, critical reasoning, math problem solving, and writing. It not only serves as a practice for the SAT, but is also the qualifying test for entry to National Merit Scholarship Corporation competitions for college scholarships to be awarded in 2007.

**October 18, 2006:** The annual Broome County College Day will be held at the Arena. The CF Guidance staff will accompany seniors to this event during the day. Seniors who are interested in attending must return a signed permission slip to the Guidance office. See your Guidance Counselor for further information.

**November 8, 2006:** The ASVAB test will be given in the **High School auditorium at 8 a.m.** This test is for students interested in joining any branch of the military or exploring other careers. Sign-ups for the test will be held in **late October** - please listen for announcements in the school.

## Important information from High School Guidance

**College Representatives:** During the fall semester, college admissions officers from institutions throughout the Northeast will be visiting the Guidance office to meet with perspective students. The date and times of these visits will be announced over the school's public address system and posted on the White Board. Students just need to obtain a presigned pass from the Guidance Office if they want to meet with a representative.


-HS Guidance Staff



Available Daily at Breakfast:  
Assorted Cereals OR 2 Slices of Toast

**October 2007**  
**Sports Calendar/Elementary Menu**

**BRUNCH AT LUNCH MENU**  
Pancakes, French Toast, Scrambled Eggs,  
Sausage, Applesauce, Fruit, Milk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Soft Pretzel, Cheese Sauce 2 Juice or Fresh Fruit, Milk</p> <p>Build a Burger/Roll, French Fries, Vegetables, Assorted Fruits, Milk</p> <p>Golf Section IV V.Tennis(H)CV, 4:00 B.V.Soccer(A)Windsor, 4:30 B.JV.Soccer(H)Windsor, 4:30</p>	<p>School Muffin, Juice or Fresh 3 Fruit, Milk</p> <p>Build a Sub, Turkey or Ham, French Fries, Carrot Sticks, Frozen Fruit Push-Ups, Milk</p> <p>Golf(A)WP Ford, 4:00 X-Country@Cole Park, 4:30 G.V.Soccer(H)Windsor, 4:30 V.VB(H)Owego, 6:00</p>	<p>Cinnamon Roll, Vanilla Frosting, 4 Juice or Fresh Fruit, Milk</p> <p>Nachos &amp; Cheese, Soft Pretzel, Tossed Salad w/CROUTONS, Assorted Fruits, Milk</p> <p><b>BRUNCH AT LUNCH - HP</b></p> <p>B.V.Soccer(A)CV, 4:30</p>	<p>Breakfast Pizza, Juice or Fresh 5 Fruit, Milk</p> <p>Chicken Strips, Pita or Italian Bread, Tossed Salad, Corn, Assorted Fruits, Milk</p> <p>Golf (H)Seton, 4:00 B.JV.Soccer(H)CV, 4:30 VB(A)Vestal Clayton Ave, 5:30</p>	<p>Bagel, Cream Cheese, Juice 6 or Fresh Fruit, Milk</p> <p>Red Pizza, White Pizza, Bread, Pasta Salad, Tossed Salad, Assorted Fruits, Milk</p> <p>G.V.Soccer(A)WP, 4:30 G.JV.Soccer(H)WP, 4:30 V.Swim(H)SV, 5:30</p>	<p><b>Average Lunch Nutrients</b> 7</p> <p>Calories ..... 621 Cholesterol ..... 67 Mg Calcium ..... 460.5 Mg Protein ..... 27.4 G Total Fat ..... 17.8 G Saturated Fat ..... 6.5 G</p> <p><b>HOME COMING</b></p> <p>X-Country@Arnold Park V.VB@Windsor Trn., 9 a.m. JV.Football(A)Oneonta, 10 a.m. V.Football(H)Oneonta, 1:30</p>
<p><b>No School</b> <b>Columbus Day</b> 9</p> 	<p>School Biscuit, Juice or 10 Fresh Fruit, Milk</p> <p>Chicken Fajitas, Baby Carrots, Lettuce, Tomato, Mashed Potatoes, Assorted Fruits, Milk</p> <p>Golf(H)Windsor, 4:00 B.V.Soccer(H)Seton, 4:30 B.JV.Soccer(A)Seton BC United, 4:30 V.Swim(H)Binghamton, 5:30 V.VB(A)Windsor, 6:00</p>	<p>Cinnamon Roll, Vanilla Frosting, 11 Juice or Fresh Fruit, Milk</p> <p>Build a Sub, Turkey or Ham, French Fries, Carrot Sticks, Frozen Fruit Push-Ups, Milk</p> <p><b>BRUNCH AT LUNCH - KI</b></p> <p>G.V.Soccer(H)SV, 4:30 G.JV.Soccer(A)SVDonnely, 4:30</p>	<p>Breakfast Pizza, Juice or Fresh 12 Fruit, Milk</p> <p>Ham &amp; Cheese Melt, Mashed Potatoes, Vegetables, Assorted Fruits, Milk</p> <p>Golf(A)SV, 3:30 B.V.Soccer(A)SV, 4:30 B.JV.Soccer(H)SV, 4:30 V.VB(H)WP, 6:00</p>	<p>Muffin Squares, Bread, Juice 13 or Fresh Fruit, Milk</p> <p>Red Pizza, White Pizza, Bread, Pasta Salad, Tossed Salad, Assorted Fruits, Milk</p> <p>G.V.Soccer(A)Seton BC United, 4:30 G.JV.Soccer(H)Seton, 4:30 V.Swim(A)Windsor, 5:00 V.Football(A)Norwich, 7:00pm</p>	<p><b>Average Lunch Nutrients</b> 14</p> <p>Calories ..... 636 Cholesterol ..... 70 Mg Calcium ..... 499 Mg Protein ..... 28.9 G Total Fat ..... 16.2 G Saturated Fat ..... 5.5 G</p> <p>JV.VB Tournament(H), 9 a.m. JV.Football(H)Norwich, 10 a.m. X-Country@Hickories, 3:00</p>
<p>Soft Pretzel, Cheese Sauce 16 Juice or Fresh Fruit, Milk</p> <p>Cheeseburger/Roll, Condiments, French Fries, Corn, Assorted Fruits, Milk</p> <p>B.V.Soccer(A)WP, 4:30</p>	<p>School Muffin, Juice or Fresh 17 Fruit, Milk</p> <p>Pasta, Meat Sauce, Italian Bread, Tossed Salad, Assorted Fruits, Milk</p> <p>Golf(A)CV, 4:00 G.V.Soccer(H)CV, 4:30 G.JV.Soccer(A)CVHS, 4:30 V.Swim(H)WP, 5:30 V.VB(A)SV, 6:00</p>	<p>Cinnamon Roll, Vanilla Frosting, 18 Juice or Fresh Fruit, Milk</p> <p>Ham &amp; Cheese Melt, Mashed Potatoes, Vegetables, Assorted Fruits, Milk</p>	<p>Breakfast Pizza, Juice or 19 Fresh Fruit, Milk</p> <p>Oven Fried Chicken, Baked Potatoes, Vegetables, Roll, Assorted Fruits, Milk</p> <p>V.VB(H)CV, 6:00</p>	<p>Bagel, Cream Cheese, Juice 20 or Fresh Fruit, Milk</p> <p>Red Pizza, White Pizza, Bread, Pasta Salad, Tossed Salad, Assorted Fruits, Milk</p> <p>V.Swim(A)Owego, 5:30</p>	<p><b>Average Lunch Nutrients</b> 21</p> <p>Calories ..... 659 Cholesterol ..... 59 Mg Calcium ..... 480.2 Mg Protein ..... 34.1 G Total Fat ..... 18.7 G Saturated Fat ..... 6.9 G</p> <p>X-Country@Marathon, 9:30 a.m. JV.Football(H)Windsor, 10 a.m. V.Football(A)Windsor, 1:30</p>
<p>Bagel, Cream Cheese, Juice 23 or Fresh Fruit, Milk</p> <p>Chicken Nuggets, Choice of Sauce, Roll, Mashed Potatoes, Vegetables, Assorted Fruits, Milk</p>	<p>Breakfast on a Stick 24 (Sausage Wrapped in Pancake), Juice or Fresh Fruit, Milk</p> <p>Roast Turkey, Gravy, Biscuit, Mashed Potatoes, Carrots, Assorted Fruits, Milk</p> <p><b>SPORTS CARD GIVEAWAY TO STUDENTS PURCHASING LUNCH</b></p> <p>X-Country@NV, 4:30</p>	<p>Cinnamon Roll, Vanilla Frosting, 25 Juice or Fresh Fruit, Milk</p> <p>Hot Dog on Roll, Condiments, Macaroni &amp; Cheese, Vegetarian Beans, Vegetables, Ice Cream, Milk</p>	<p>Breakfast Pizza, Juice or 26 Fresh Fruit, Milk</p> <p>Taco Salad, Nachos &amp; cheese, Lettuce, Tomato, Rice, Vegetables, Assorted Fruits, Milk</p>	<p>Bagel, Cream Cheese, Juice 27 or Fresh Fruit, Milk</p> <p>Red Pizza, White Pizza, Bread, Pasta Salad, Tossed Salad, Assorted Fruits, Milk</p>	<p><b>Average Lunch Nutrients</b> 28</p> <p>Calories ..... 594 Cholesterol ..... 36 Mg Calcium ..... 498.4 Mg Protein ..... 26.5 G Total Fat ..... 16 G Saturated Fat ..... 5.4 G</p> <p>X-Country(A)Ely Park, 9:30 a.m. JV.Football(H)Owego, 10 a.m. V.Football Section Semis</p>
<p>Soft Pretzel, Cheese Sauce, 30 Juice or Fresh Fruit, Milk</p> <p>Build a Burger/Roll, French Fries, Vegetables, Assorted Fruits, Milk</p>	<p>School Muffin, Juice or Fresh 31 Fruit, Milk</p> <p>Build a Sub, Turkey or Ham, French Fries, Carrot Sticks, Frozen Fruit Push-Ups, Milk</p>	<p><b>BREAKFAST MEAL PRICES</b> All Schools: \$0.95</p> <p><b>LUNCH MEAL PRICES</b> MS/HS: \$1.80 Elementary: \$1.65 Milk Varieties: \$0.50 Skim, 2% Whole, 1% Chocolate, 1/2% Fat Strawberry</p>	<p><b>DAILY ALTERNATES</b> Yogurt, Carrots, Fruit, Milk OR Munchable Lunch OR Uncrustable Peanut Butter/ Jelly OR Choice of Tuna or Ham Sandwich OR Lunch Box Magic OR Chef's Salad (CK Students Only)</p>	<p><b>MENU ALTERNATES (K-5)</b> Monday: Macaroni &amp; Cheese Tuesday: Grilled Cheese Wed.: Cheeseburger on Roll Thursday: Dipper Day (Bread Stix, Mozzarella Stix) Friday: Cook's Surprise</p>	<p><b>Average Lunch Nutrients</b></p> <p>Calories ..... 601 Cholesterol ..... 54 Mg Calcium ..... 394 Mg Protein ..... 28.4 G Total Fat ..... 17.68 G Saturated Fat ..... 7.4 G</p>

**Offices . . .**

Superintendent	648-7543	Bus Garage	648-7573
Asst. Superintendent	648-7540	Special Education	648-7589
Athletics	648-7515	Nutrition	648-7519/648-7524
Computer Services	648-7578	Tax Collector	648-7561
Business Office	648-7564	Building & Grounds	648-7545
		After Sch. Child Care	648-8067

**Schools . . .**

<b>Harshaw Primary (HP)</b>	<b>Kenyon Intermediate (KI)</b>	<b>Middle School (MS)</b>	<b>High School (HS)</b>
Office 648-7580	Office 648-7520	Office 648-7576	Office 648-7544
Attend. 648-7579	Attend. 648-7529	Guidance 648-7553	Guidance 648-7528
Nurse 648-7531	Nurse 648-7522	Attend. 648-7551	Attend. 648-7542
	Counselor 648-7525	Nurse 648-7551	Nurse 648-7521



# Chenango Forks



# Central Schools

## FUNDRAISERS

### CF Scholarship Foundation: Annual Homecoming Pancake Breakfast

The Chenango Forks Scholarship Foundation will conduct its annual Homecoming Pancake Breakfast on the morning of Homecoming - **October 7, 2006, High School cafeteria, 7:30 a.m. to 11:00 a.m.**



Adults: \$5; students: \$3; children under 5 eat for free.

All proceeds from the pancake breakfast will go to fund scholarships for graduating Chenango Forks High School seniors.

### CF Band Boosters: Fruit Sale



The CF Band will be selling fruit from October 30 to November 13, 2006 (hurricanes allowing). You may order a variety of citrus fruit from CF band members.

Contact Carol Butkiewicz at 648-7096 if you have not been contacted by a band member for fruit purchase. The expected delivery date will December 4-8, 2006.

\*\*Anyone interested in selling or buying a used band instrument, please contact Drew Allport, Jamie Dybas, or Kristen Robertson (band directors).

### Book fair

A Scholastic Book Fair is being held in the Middle School Library until **October 5th**. Teachers, staff and students are welcome during homeroom, study hall and remedial periods; the public is invited to attend during Open House on **October 4th**.



The fair offers some of the latest hot book titles for middle school readers, as well as some familiar favorites. Fun school supplies, posters, and some computer software also will be for sale.



Who: CF High School, Class of 1996  
What: Ten-Year Class Reunion  
When: November 24, 2006  
Where: McGirk's Irish Pub  
How: Contact Dan Sine at (843) 455-6319 or [dansine@sc.rr.com](mailto:dansine@sc.rr.com)

## MEETINGS

PTA 10/10, 7 pm Harshaw Library  
Board of Education 10/12; 7:15 pm Middle School Library



1 Gordon Drive  
Binghamton, NY 13901

Nonprofit Organization  
U.S. Postage PAID  
Permit No. 3  
Chenango Forks, NY

Board of Education  
Don Edwards, President  
Gail Wrighter, Vice President  
Don Faith  
Jack Sines  
Donald Vredenburgh  
Superintendent of Schools  
Robert Bundy  
Public Information/Editor  
Katlin Newton: [newtonk@cforks.org](mailto:newtonk@cforks.org) or 648-7520

Or Current Resident

ECRWSS